

Focus: Distance

Monday

Warm Up: (No equipment, fins okay)

200 Swim

3 x 50 Side Kick (triple switch + 8 kick)

4 x 50 Match DPS (25 Free + 25 Back) (500)

Drill:

2x (8 x 25) R1-Free & R2-Back

R1: Odd Finger tip drag/Even "Glove Stroke"

R2: Odd "L"/Even Fist Swim (400)

Distance:

8 x 50 @ base -:05 or R:05 (400)

4 x 100 Pull (50 free/50 back) R:10 (400)

3 x 200 Best Effort R:30

Odds: 75 Back + 50 Breast + 75 Back

Even: Free Recovery (600)

3 x 100 Free (#3 Best effort) R:30 (300)

5:35pm: 1 x 400 (75 Free + 25 Non-Free)
- 4th 25 Non-Free SPRINT (400)

5:45pm: 1 x 200 (75 Non Free + 25 Free)
- 4th 25 Free SPRINT (200)